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Exploring Geriatric Self Management of Type 2 DM: A Systematic Review

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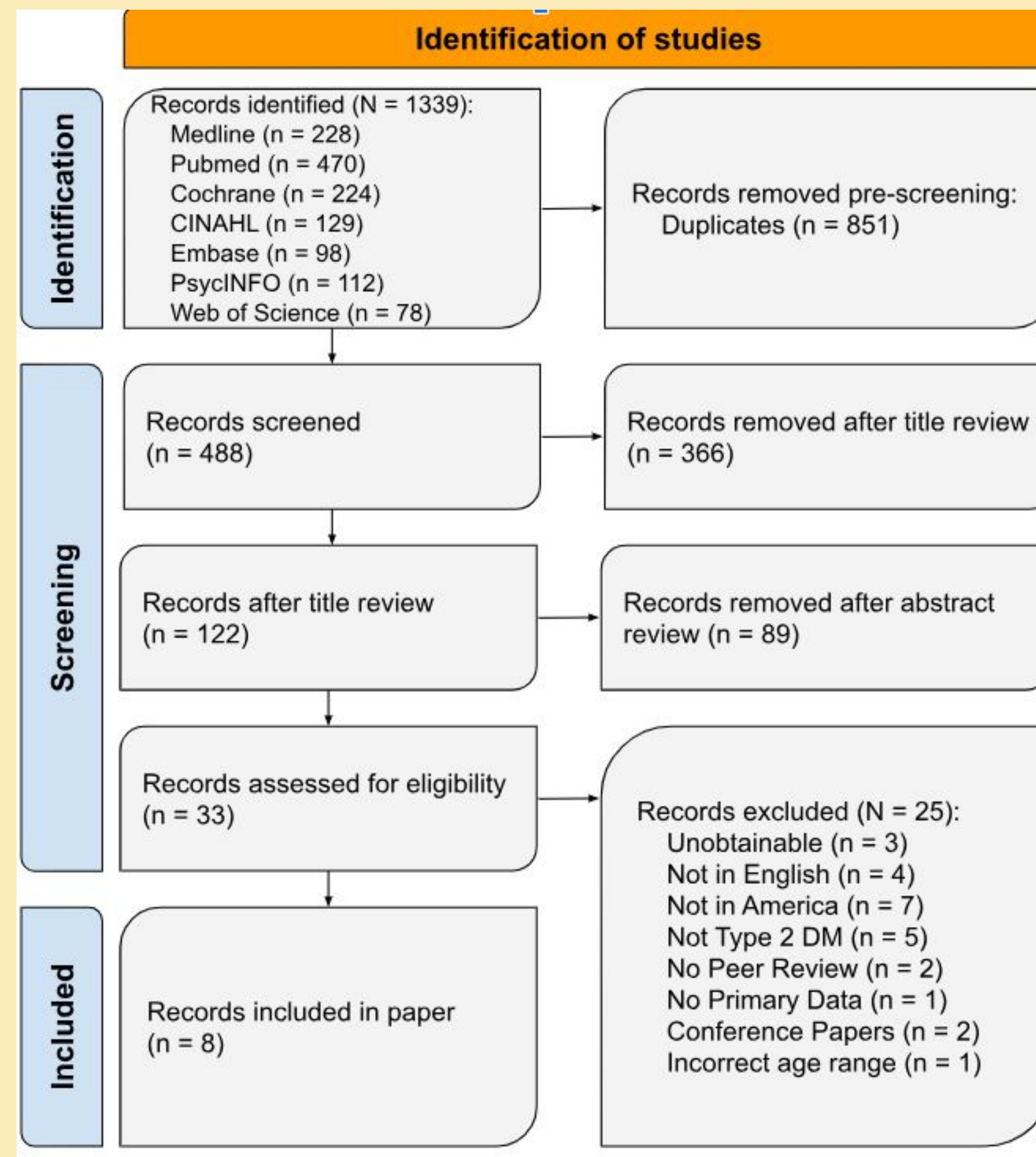
Abstract

- This review explores diabetic self-management in geriatric individuals, focusing on positive attitudes and support from family/friends as crucial for self-care optimization
- A comprehensive search in health databases was conducted, which involved screening 248 participants across eight qualitative research studies
- Themes emphasizing the importance of listening to one's body, acknowledging hidden issues, and recognizing the impact of various factors on diabetes self-care were established
- A holistic approach to self management, emphasizing the significance of positive attitudes, cultural sensitivity, and individual values in healthcare practices is recommended
- Embracing cultural diversity and addressing barriers can enhance self-management and quality of life for geriatric individuals with diabetes

Introduction

- Diabetes mellitus (DM) is a significant health concern due to its prevalence and associated complications, especially among geriatric individuals
- The increasing prevalence of DM among the aging population in the U.S. poses complex challenges including financial constraints, diverse healthcare needs and cultural considerations
- Advancements in healthcare and tech have prolonged human lifespans, leading to a global rise in the elderly population, which necessitates improved management for chronic conditions
- Self-management is essential for patients with DM, influenced by factors such as self-efficacy, social support, knowledge, and healthcare access
- The qualitative review approach of this review aims to address gaps in understanding and providing insights for tailored care and policy development
- This review is unique due to its focus on the geriatric population in the U.S., offering a systemic examination of self managements challenges

Materials and Methods



- The review followed PRISMA guidelines and conducted a meta-synthesis due to the qualitative nature of the studies, following ENTREQ guidelines and using CASP for quality assessment
- The search strategy included multiple health-oriented databases with MeSH terms, supplemented by manual searches and reference checks
- Inclusion criteria encompassed qualitative studies focusing on geriatric individuals with T2D in U.S., aged 65 and above, between 2009 and 2024, with English language peer-reviewed primary data
- Exclusion criteria included non-English studies, non peer reviewed papers, secondary evidence, studies with participants under age 65, and studies outside the U.S. or older than 15 years

Results

- 9 qualitative studies from the U.S. met the inclusion criteria, involving 248 elderly participants diagnosed with T2D, aged 65 to 85 years
- Diverse research objectives were covered including: risk factors, self-management practices, emotional and physical symptoms, values and preferences, and barriers to self management
- The studies varied in sample sizes, participant demographics, and research methods

Discussion

- This review highlights the unique cultural diversity among geriatric individuals with T2D, which influences self-management and perceptions of the condition
- Barriers to self management identified include: high costs, language, limited access to healthcare, memory issues, time constraints, and the importance of family and peer support
- Optimism, self efficacy, and positive physician-patient relationship were identified as crucial for enhancing self management
- Findings suggest need for culturally competent care, addressing barriers effectively, promoting positive attitudes, and tailored support

Conclusion

- Tailored approaches to managing geriatric patients with T2DM is a useful approach for improving self-management
- Cultivating positive attitudes, acknowledging cultural diversity, and respecting individual values is essential

Acknowledgments

APSEA - American Preventative Screening and Education Association